



WELLNESS AT SEA

# DEPRESSION: SHOULD YOU GET HELP?

Depression is the leading cause of mental health issues – and recognising it is the first step to getting better. The simple checklist below can help you know whether you should seek professional support.

## FOR MORE THAN TWO WEEKS HAVE YOU:

1. Felt sad, down or miserable most of the time?
2. Lost interest or pleasure in most of your usual activities?
3. Lost or gained a lot of weight or had a decrease OR increase in appetite?
4. Had sleep disturbance?
5. Felt slowed down, restless or excessively busy?
6. Felt tired or had no energy
7. Felt worthless? OR Felt excessively guilty? OR Felt guilt about things you should not have been feeling guilty about?
8. Had poor concentration? OR Had difficulties thinking? OR Been very indecisive?
9. Had recurrent thoughts of death?

If you answered "yes" to either of these questions, complete the symptom checklist below. If you did not answer "yes" to either of these questions, it is unlikely that you have a depressive illness.

Add up the number of ticks to questions 3 – 9 for your total score:

What does your score mean?

(assuming you answered "yes" to question 1 and/or question 2)

**4 or less:** unlikely to have a depressive illness.

**5 or more:** likely to have a depressive illness.

For further assessment, or if you are concerned about any of these symptoms, please call our 24/7 helpline on +1 856 888 9966 for free.

Remember, depression is treatable and effective treatments are available – the earlier you seek help, the better.

**B-SAFE**  
BRITANNIA P&I

### Need help?

Email [crisis@sailors-society.org](mailto:crisis@sailors-society.org) visit  
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